

# RULES

(version 6, October 2020)

## 1. Organiser

The organiser of the Courses du Mont-Terrible is Club d'Athlétisme de Fontenais (CA Fontenais).

## 2. Liability

Those participating in the Courses du Mont-Terrible do so at their own risk. The organiser declines all liability in the event of accident or theft. Each participant must hold individual accident insurance covering any search and rescue costs. The organisers will not cover the costs of search and rescue for medical reasons.

## 3. Entries

The following quotas have been defined for the different races:

- Trail de Calabri + UTMT: 400 participants
- Trail d'Outremont: 200 participants
- La Terrible + Sunday races (excluding Nordic Walking + Mini-Terribles): 1100 participants

The online entry process will close once this quotas have been reached or, at the latest, at the deadline for entries indicated on the event website [www.mont-terrible.ch](http://www.mont-terrible.ch).

Due to the health situation, it will not be possible to register on site, except for Nordic walking and children's races (Mini-Terribles).

Entry fees will increase incrementally between the opening and closing of online entry.

## 4. Challenge 89,4

Challenge 89,4 is a challenge for teams of five people, with each team member competing on a different route of the following five routes: 36 km, 23.5 km, 15.2 km, 9.1 km and 5.6 km. The combined time of every team member will be used for the ranking. For the team to be ranked, each team member must cross the finish line. Participants in Challenge 89,4 are also ranked individually in their respective categories. Teams can be all-male, all-female or mixed. However, there is no separate ranking by sex. The online entry process is explained in detail on our website ([Courses --> Challenge 89,4](#) tab).

## 5. Timing

Race timing for the different races will be provided by MSO Sàrl, in Delémont ([www.mso-chrono.ch](http://www.mso-chrono.ch)).

## 6. Souvenir prizes, finisher prizes and awards

Every participant will receive a souvenir prize.

Participants who finish the UTMT, the Trail de Calabri and those who finish the Trail d'Outremont will receive a finisher prize (UTMT participants will receive a finisher prize for the UTMT only).

The first three finishers in each category will receive a special prize. UTMT participants will be ranked exclusively in this event based on their combined time for the Trail de Calabri and Trail de Pietchiesson. They will therefore not be included in the separate respective rankings for the two races. For the Nordic Walking category, the three prizes will be awarded by prize draw. Prizes must be collected at the event on the day when the results are announced otherwise they will be retained by the organiser.

## 7. Refunds

Entry fees will not be refunded in the event of non-participation or withdrawal unless the participant took out cancellation insurance when entering online through the MSO platform. The terms and conditions of insurance set by MSO shall apply.

## 8. Refreshment stations / cups / personal assistance

**No cups will be provided at refreshment stations**, except for participants in La Tchouatte (5.6 km). Participants must therefore provide their own cup.

Number of refreshment stations on the different routes:

**Trail de Calabri** (70.8 km): semi-autonomous race; 4 refreshment stations on the route (km 16, 33, 50, 62), 1 at the finish lane

**Trail d'Outremont** (50.5 km): semi-autonomous race; 3 refreshment stations on the route (km 16, 33, 41), 1 at the finish lane

**Trail de Pietchiesson** (36 km): semi-autonomous race; 3 refreshment stations on the route (km 9, 18, 31), 1 at the finish lane

**La Terrible** (23.5 km): semi-autonomous race; 2 refreshment stations on the route (km 9, 18), 1 at the finish lane

**La Brère** (15.2 km): 1 water point (km 2.5), 2 refreshment stations on the route (km 6, 10), 1 at the finish lane

**La Fontenelle** (9.1 km): 1 water point (km 2.5), 1 refreshment station on the route (km 5), 1 at the finish lane

**La Tchouatte** (5.6 km): 1 water point (km 2.5), 1 refreshment station at the finish lane

The following will be provided for participants at the refreshment stations: water, energy drink, broth, cola, tea, dried fruit, bananas, oranges, dried sausage, savoury crackers, cereal bars, cheese and bread

Participants may only fill their flasks with water.

Personal assistance is permitted only at official refreshment stations.

According to the sanitary evolution, measures may have to be put in place at the refreshment stations.

## 9. Mandatory equipment and sticks

Participants must carry the equipment listed below. Checks may be made before the start and at various points on the track. Participants who fail to comply with the instructions will receive a 15-minute time penalty.

**Trail de Calabri** (70.8 km): functioning mobile phone that is switched on, at least 1 litre of water, head torch, food supply, waterproof jacket, running trousers/tights (combination of 3/4 tights/shorts + socks fully covering the calves is permitted), rescue blanket and personal cup

**Trail d'Outremont** (50.5 km): functioning mobile phone that is switched on, at least 1 litre of water, food supply, waterproof jacket, running trousers/tights (combination of 3/4 tights/shorts + socks fully covering the calves is permitted), rescue blanket and personal cup

**Trail de Pietchiesson** (36 km): functioning mobile phone that is switched on, water supply and personal cup

**La Terrible** (23.5 km): personal cup

**La Brère** (15.2 km): personal cup

**La Fontenelle** (9.1 km): personal cup

Sticks are permitted in all races provided they are carried for the entirety of the route.

## 11. Cut-off times

### Trail de Calabri

Participation in the Trail de Calabri assumes excellent physical condition and a **race time of no more than 14 hours**. The cut-off times below have been calculated to allow participants to reach the finish within the maximum time allowed:

Col de Montvoie (20 km, +1056 m): 11:00

St-Ursanne (2nd refreshment station, 33 km, +1674 m): 13:15

Cabane des Ordons (3rd refreshment station, 50 km, +2874 m): 16:45

Cabane de Courgenay (4th refreshment station, 62 km, +3344 m): 19:15

No participant may leave the relevant checkpoints after the indicated times.

### Trail d'Outremont

Participation in the Trail de Calabri assumes very good physical condition. Although the total running time is not limited, cut-off times must be respected until the 33rd km, i.e. :

Col de Montvoie (20 km, +1056 m): 12:00

St-Ursanne (2nd refreshment station, 33 km, +1674 m): 14:15

No participant may leave the relevant checkpoints after the indicated times.

### Trail de Pietchiesson

Participation in the Trail de Pietchiesson assumes good physical condition and a **race time of no more than 6.5 hours**. A time limit of 3.5 hours also applies mid-course at the 2nd aid station (cut-off time for leaving the aid station: 11:30).

The above time limits have been calculated to take into account the difficulty of each event, including the amount of vertical ascent already completed. To be permitted to continue, participants must **leave the aid stations in question before the set cut-off time**. Participants who have been timed out may finish the event at their own risk once their competitor number has been returned. The organiser reserves the right to change the cut-off times for any reason, even at the last minute.

## 12. Abandonment and return to the start

Unless injured, participants must only abandon the race at an aid station so that their return to the start can be arranged. Competitors must report abandonments immediately to race headquarters by phone or to the nearest race steward, indicating their competitor number.

## 13. Bib numbers

Bib numbers must be worn on the chest or underneath and must be fully visible throughout the entire race. They must therefore always be positioned on top any clothing and may not under any circumstances be placed on a bag or leg. Partner's names and logos must not be altered or hidden.

## 14. Changes to routes or cut-off times

The organiser reserves the right to change the route or cut-off times for any reason (in particular because of tree cutting). If changes are made, the organiser undertakes to inform participants in good time.

## 15. Stopping or cancellation of the race

In the event of bad weather conditions that could compromise the safety of the runners (violent storms, strong wind, etc.) or any other case of force majeure, the organiser reserves the right to stop the event in progress. The runners will not be able to claim any reimbursement, even partial, of the entry fee.

If the race must be cancelled for any reason whatsoever, the organiser reserves the right to keep all or part of the entry fee, in order to ensure the continuity of the event. It may also propose to the runners the postponement of the registration to the next edition, this on the same course.

## **16. Image rights**

All participants expressly waive their image rights during the event in which they are participating, along with any claims against the organiser for the use of any image or picture of the event in the promotion of the same.

## **17. Respect for the environment**

The organising committee asks that participants respect the environment in which they are competing, throw nothing away on the course and dispose of their rubbish in the bins provided at aid stations.

## **18. Safety**

Participants in La Fontenelle, La Brère, La Terrible, Trail de Pietchiesson, Trail d'Outremont and Trail de Calabri must cross a main road at several points. For safety reasons they are requested to follow the instructions from the stewards posted at these points.

## **19. Sanitary measures**

Given the health situation, a protection plan will be developed for the event. This document will be published on the Courses du Mont-Terrible website when the time comes. Runners are asked to read it. By registering, they also agree to fully apply the measures that will be set out in it.

## **20. Disputes**

All disputes will be decided by a jury chaired by the president of the event's organising committee. The decision taken is final.

By participating in the Courses du Mont-Terrible, competitors agree to comply with these rules in their entirety, the French version of which shall prevail.

Fontenais, October 2020

The organising committee of the Courses du Mont-Terrible